



Wooden Plyo Box

SKU: S-WPLY



ASSEMBLY INSTRUCTIONS



BellsofSteel

Scan QR code for assembly instructions:



www.bellsofsteel.com | www.bellsofsteel.us | Telephone: 1-888-718-7997



Kaevon Khoozani
President

Welcome to Bells of Steel, you've made an excellent choice.

First off I want to say thank you for supporting my small business.

I've spent a lot of time crafting this design to create a fantastic lifting experience to help you reach your full potential and I hope you love your new equipment.

I've done my best to keep the setup of your new gear simple. If you find yourself needing a bit more assistance than the included instructions, check our youtube page for assembly videos or feel free to email us for troubleshooting guidance.

A GUIDE TO SAFETY

We know you are excited to use your new Bells of Steel gear, but please read through this Guide to Safety to ensure you do not hurt yourself or others while exercising. It is your responsibility to ensure that all users of the equipment are informed of all warnings and instructions in this manual. **TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING IMPORTANT PRECAUTIONS BEFORE USING YOUR BELLS OF STEEL PRODUCT.**

- 1 Before starting any exercise program consult your physician. Be aware of your body's signals. Incorrect or excessive exercise can be damaging to your health. **STOP EXERCISING IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS: PAIN, TIGHTNESS IN YOUR CHEST, IRREGULAR HEARTBEAT, SHORTNESS OF BREATH, LIGHTEADEDNESS, DIZZINESS, OR FEELINGS OF NAUSEA. IF YOU EXPERIENCE ANY OF THESE SYMPTOMS, STOP EXERCISING IMMEDIATELY AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING WITH YOUR EXERCISE PROGRAM.**
- 2 It is your responsibility to ensure there is enough space around the product for the intended exercise. Use the product on a flat surface and ensure at least 2 feet (60 cm) of free space around it.
- 3 Children and pets must not be let on or near the product. Moving parts and heavy features of the product can be dangerous and cause serious injury.
- 4 Read all instructions in this manual before using the product and use the product only as described in this manual.
- 5 It is your responsibility to ensure that all users of the product are adequately informed of all precautions, have read and understand all warnings, and are informed how to use the product properly.
- 6 Keep hands and feet from moving parts. Do not lean or rest on the product.
- 7 Wear athletic shoes for foot protection while exercising.
- 8 Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas.
- 9 This product is designed for indoor use only.
- 10 Ensure that any weight pins that may be included with your product are completely inserted into an appropriate weight plate.
- 11 Ensure that any handles that may be included with your product are attached securely before using the product.
- 12 Ensure that any nuts and bolts that may be included with your product are securely tightened before use. Regularly re-tighten nuts and bolts.
- 13 Ensure any cables that may be included with your product always remain attached to their proper pulleys. If a cable bind occurs during exercise, stop immediately and inspect the part to ensure any interference is fixed.
- 14 Do not overexert yourself during any exercise program. Operate the product as intended.
- 15 The product should be anchored where required or whenever possible. The product should be secured when not in use.
- 16 The product is very heavy. Improper use or assembly can lead to serious injury or death.
- 17 **SAVE AND REVIEW THESE INSTRUCTIONS.**

Now...

LET THE GAINZ BEGIN



INSTRUCTIONS

- Step 1:** Grab a standard Phillips screwdriver or a drill with a Phillips drill bit.
- Step 2:** Take the “16-inch” panel and connect it to the “20-inch” panel, making sure that the numbers on both are facing outwards.
- Step 3:** Secure them together using one screw.
- Step 4:** Opposite the “16-inch” panel, connect the other unmarked panel of the same size (it has the four holes), making sure the grippy side is facing outwards.
- Step 5:** Secure them together using one screw.
- Step 6:** Opposite the “20-inch” panel, connect the other unmarked panel of the same size with the grippy side facing outwards.
- Step 7:** Secure both sides using one screw on each side.
- Step 8:** At this point, you should have a hollow frame made of four panel pieces.
- Step 9:** Slide in the “18-inch” panel, ensuring that the grippy side is facing outwards.
- Step 10:** Fix it in place by securing all 8 screws.
- Step 11:** Flip the box over, you should still have one side open.
- Step 12:** Interlock the two narrow-groove support pieces by connecting the open cut sections together, the pieces will form a “+”.
- Step 13:** Take the last piece and thread in a screw to secure it to the “+” support piece.
- Step 14:** Guide entire support piece into the box, it should apply pressure against the inner sides of the panels.
- Step 15:** Slide in the final “18-inch” panel, ensuring that the grippy side is facing outwards.
- Step 16:** Fix it in place by securing all 8 screws.
- Step 17:** Secure all remaining screws.

DESCRIPTION	QTY
Main Support	2
Side 1	2
Side 2	2
Support 1	1
Support 2	1
Support 3	1
Screw	37

*Add wood glue (not included) to the connecting edges of the panels to provide extra strength for commercial gym environments or when loads of >120kg are used regularly.

